Psychiatric Abolition Education!

Hi comrades - we've had a lot of people asking for resources to learn more about psychiatric abolition and naturally, we wanted to put our recommendations all in one place, with links to pdfs so the knowledge is there for all! Obvious disclaimer that we do not agree with everything in these texts (some can be reformist or take a different direction to our beliefs) but they do all contain important and interesting information that you will hopefully benefit from and be able to use as a starting point to expand further on with your friends, comrades or your own studies! Please feel free to email us any suggestions you have at: cpablition@riseup.net and we'll add them too!

We know this is a long/possibly overwhelming list, so we've picked a 'set menu' of our faves and the most hard hitting to get you started, which we've added at the end. Good luck and enjoy! We'll be adding more stuff as we continue our psych abolition learning journeys too, and we also make some of our own resources on our socials if you want to learn more from us :)

Campaign for Psychiatric Abolition (@cpabolition) xx

Zines

Organising Guide for Psychiatric Survivors

Psych Survivor and Lived Experience Voices

Hearing Voices: Resistance Among Psychiatric Survivors and Consumers

On Our Own: Patient-Controlled Alternatives to the mental-health system by Judi Chamberlin

Call me Crazy: Stories From the Mad Movement by Irit Shimrat

Beyond Bedlam: Contemporary Women Psychiatric Survivors Speak Out

Authoring Autism by Melanie Yergeau

And the Psych Ward Says by Anita D

Articles

'Abolition must include psychiatry' by Stella Akua Mensah

National Survivor User Network's 'Abolition and Mental Health' Series - 4 Articles

The Abolition of Carceral Forms

The Ex-Patients' Movement: Where We've Been and Where We're Going by Judi Chamberlin

Podcasts and Songs

'Very Loose Women' Anti-psychiatry introductory episode

'Toward an Anarchist Critique of Psychiatry'

Mad in America Podcast

Insight Illness: podcast on the history of York Retreat

Anti-psych playlist: radical music and mad artists

Books

Psychiatric Abolition

Decarcerating Disability by Liat Ben-Moshe

The Protest Psychosis: How Schizophrenia became a Black disease by Jonathan Metzl

Cracked: Why Psychiatry Is Doing More Harm Than Good by James Davies **(he's still a psych we don't like him but good evidence against big pharma xx)**

Beyond Bedlam: Contemporary Women Psychiatric Survivors Speak Out

Socialist Patients Collective: Turn Illness into a Weapon

Psychiatric Hegemony by Bruce Cohen

Warp & Weft: Psycho-emotional health, politics and experiences (no pdf, link to buy here)

Class Struggle and Mental Health

Anti-Psych History

The man who closed the asylums: Franco Basaglia and the revolution in mental

health care by John Foot

Wretched of the Earth by Frantz Fanon

Asylums by Erving Goffman

Imperial Bedlam: institutions of madness in colonial southwest Nigeria

Disability Liberation Books

Care Work: Dreaming Disability Justice by Leah Lakshmi Piepzna-Samarasinha

Crip Theory: Cultural Signs of Queerness and Disability by Robert McRuer and Michael Berube

Disability Incarcerated by Liat Ben-Moshe

Great Abolitionist Texts! (Police/prison abolition)

Are Prisons Obsolete? By Angela Davis

Brick by Brick: How we build a world without prisons by Cradle Community - no pdf is available but support our comrades and buy their book from Hajar Press! If you can't afford it, get it touch and we'll see what we can do! :)

Prison by Any Other Name by Maya Schenwar and Victoria Law

As Black As Resistance by Zoé Samudzi and William C. Anderson

Revolutionary Suicide by Huey P. Newton

Freedom is a Constant Struggle by Angela Davis

Our Enemies in Blue by Kristian Williams

Writings from Prison by Bobby Sands

Captive Genders: Trans Embodiment and the Prison Industrial Complex

George Jackson: Blood In My Eye

Soledad Brother: The Prison Letters of George Jackson

Carceral Capitalism by Jackie Wang

Writing on the Wall: Selected Prison Writings of Mumia Abu-Jamal

Films

Takin' Over The Asylum (1994) - tv series recommended by a comrade

A beautiful mind (2001)

At Eternity's Gate (2018)

Unsane (2018)

SPK Komplex (2018)

Joker (2019)

RIP SENI (2020)

The Electrical Life of Louis Wain (2021)

SET MENU

Article:
'Abolition must include psychiatry' by Stella Akua Mensah

Book on psychiatry:
Cracked: Why Psychiatry Is Doing More Harm Than Good by James Davies

Psych abolition zine:
Hearing Voices: Resistance Among Psychiatric Survivors and Consumers

Book on abolition:
Brick by Brick: How we build a world without prisons by Cradle Community

Essential Reads:
Wretched of the Earth by Frantz Fanon
Freedom is a Constant Struggle by Angela Davis

Spoken Word:
And the Psych Ward Says by Anita D